

# Counseling/Mental Health Resources

<p><b>Evolve Counseling and Behavioral Health Services</b>          1206 E Warner Rd Ste. 203, Gilbert, AZ 85296 ---          480-590-3915  <a href="https://www.evolvecounselingaz.com/">https://www.evolvecounselingaz.com/</a></p>	<p><b>Better Days Behavioral Health</b>          3170 S. Gilbert Rd. Suite 1 Chandler, AZ 85286--480-          244-8630  <a href="https://www.betterdaysbehavioralhealth.com/">https://www.betterdaysbehavioralhealth.com/</a></p>
<p><b>Jewish Family and Children's Service</b>          880 N. Colorado St., Gilbert, AZ 85233----480-820-          0825  <a href="https://www.jfcsaz.org/">https://www.jfcsaz.org/</a></p>	<p><b>Southwest Behavioral Health (SWBH) at Chandler Care Center</b>          (Takes AHCCCS or works on a sliding fee scale)- 777 E. Galveston Street Chandler, Arizona 85225          602-351-6965, 602-351-6960</p>
<p><b>Arizona Marriage and Family Therapy Clinic</b>          Chandler Office: 6100 W. Gila Springs Pl. STE 19, Chandler, AZ 85226          Gilbert Office: 690 E. Warner Rd. Building 10, STE 152, Gilbert, AZ 85296          480-282-8778- <a href="https://azmftclinic.com/">https://azmftclinic.com/</a></p>	<p><b>Open Heart Family Wellness</b>          (Counseling, Psychiatry, Wellness Coaching, Substance use Treatment, and Community Resource Assistance)          480-621-4122  <a href="https://Openheartsaz.org">https://Openheartsaz.org</a></p>
<p><b>Transitions Counseling and Consulting</b>          1600 W Chandler Blvd., Ste 230, Chandler          602-363-0629  <b>Provides IOP and support groups for teens.</b>  <a href="https://www.transitionscounselingandconsult.com">https://www.transitionscounselingandconsult.com</a></p>	<p><b>Spectrum Psychology and Wellness</b>          1772 E Boston St. #105 Gilbert, 85295          480-621-7257  <a href="https://spectrumwellnessaz.com/">https://spectrumwellnessaz.com/</a></p>
<p><b>Ironwood Counseling &amp; Psychological Services</b>          7400 S. Power Rd. STE 116, Gilbert          480-988-5003  <a href="https://ironwoodcounseling.com">https://ironwoodcounseling.com</a></p>	<p><b>Total Life Counseling</b>          690 E Warner Rd. Suite 115, Gilbert, AZ          480-444-2434  <b>Provides IOP and support groups for teens</b>  <a href="https://www.totallifecounseling.net/">https://www.totallifecounseling.net/</a></p>
<p><b>A Family Works Counseling</b>          1760 E. Boston St. Ste. 102 Gilbert, 85295          480-649-6499  <a href="https://www.afamilyworks.com/our-therapists/">https://www.afamilyworks.com/our-therapists/</a></p>	<p><b>Evolutions Behavioral Health Services</b>          3377 S Price Rd. Ste 2104, Chandler, 85248          480-448-6755  <a href="https://www.evolutionsbh.com/">https://www.evolutionsbh.com/</a></p>
<p><b>Red Mountain Behavioral Health Services</b>          2915 E Baseline Rd., STE 115, Gilbert 85234--          480-641-9552</p>	<p><b>Care 7 Counseling</b>          Tempe          480-350-8308</p>
<p><b>Catholic Charities Community Services</b>          602-749-4405 Phx          480-424-8070 Mesa</p>	<p><b>Chandler Family Health Center</b>          480-344-6100</p>
<p><b>Child &amp; Family Support Services</b>          480-635-9944          Cfss.com</p>	<p><b>Family Service Agency (variety of counseling services)</b>          602-264-9891 Mesa          Fsaphoenix.org</p>
<p><b>A Beautiful Soul</b>          602-427-6302</p>	<p><b>Resilient Health</b>          480-493-9776</p>
<p><b>Community Bridges</b>          Communitybridgesaz.org          877-931-9142</p>	<p><b>A New Leaf</b>          Turnanewleaf.org          480-969-6955</p>

### **\*\*\*Laloboy Foundation**

The parent needs to fill out an application, agreement, and send one item on the checklist.

They will respond to the family within 24 to 48 hours with an approval or denial.

They will then email an award commitment certificate for the award of \$300. (They have a 48 to 72-hour turnaround time to pay the invoice directly to the provider of care on behalf of student/families).

[laloboyfoundation@gmail.com](mailto:laloboyfoundation@gmail.com)

480-612-4656

### **Lower-Cost Counseling**

**The Bridge Counseling, Consulting, and Meditation- Tempe AZ** <https://www.thebridgeccm.com/>

480-234-2266

- 1) Provides low rates of \$25 for individuals and \$35 for couples/families through interns (English and Spanish). Evening and weekend sessions are available!
- 2) Regular licensed counselor rates-\$125 to \$175/hr. Provides sliding scales for use of licensed therapists but that is between the therapist and the client.
- 3) Offers parenting groups, marriage groups, single parenting groups, etc. The group rates are typically \$15-20 dollars per session. They take place in the evening or weekends- 1-1.5 hours.

### **Psychiatry**

#### **Serenity Mental Health Centers**

1501 N Gilbert Rd. #206 85234

480-630-4794

<https://serenitymentalhealthcenters.com/>

#### **Redemption Psychiatry**

Several Locations

480-471-8560

<https://redemptionpsychiatry.com/>

#### **Arizona Restorative Psychiatry**

428 S. Gilbert Rd. #109, 85296

480-935-3200

#### **Positive Mind Psychiatry PLC**

4100 S Lindsay Rd. #124---480-361-1922

#### **Strategies for Success**

Counseling and Medication (psychiatry)

480-252-5152

10440 E. Riggs Rd. #207 Chandler, AZ

<https://strategiesforsuccessaz.com/>

#### **The Wellness Tree**

3210 S. Gilbert Rd. #1, Chandler

480-219-9421

[The Wellness Tree](#)

#### **Mesquite Valley Integrated Health**

3707 E Southern Ave. Mesa, AZ 85206

480-509-7738

### **Psychiatric Care or Intensive Outpatient Programs (IOP)**

**Mental Health Urgent Care Mind 24-7-** Helps individuals avoid unnecessary emergency room visits by allowing them to walk in and see a licensed mental health clinician immediately. On average, an appointment lasts only two hours from start to finish. We reduce the need for unnecessary admissions by quickly and efficiently serving those that find themselves in a real crisis and help transition to appropriate long term intense treatment as needed.

1-844-646-3247

<https://www.mind24-7.com/>

#### **Lifeline Professional Counseling**

Offers an IOP program and group counseling for Mental, Emotional, Behavioral Health and Substance Abuse and Addiction

Locations in Scottsdale, Tempe, Chandler, Mesa and west valley---480-641-1165

<http://www.lifelinepcs.com/>

#### **Aurora Behavioral Health System**

480-345-5420

<http://auroraarizona.com>

#### **Oasis Behavioral Health**

2190 N Grace Blvd, Chandler, AZ 85225

480-470-0069- <https://www.obhhospital.com/>

#### **Mesa Southwest Behavioral Health center**

1255 W Baseline Rd Ste. 138, Mesa, AZ 85202

480-820-5422

#### **Quail Run**

2545 W Quail Ave, Phoenix, AZ 85027

602-455-5694- <https://quailrunbehavioral.com/>

**Copper Springs**

3755 S. Rome St. Gilbert, AZ. 85297

Phone: 480-667-5500

<https://coppersprings.com/locations/gilbert-az/>**St. Luke's Behavioral Health**

1800 East Van Buren Street, Phoenix, AZ 85006---602-251-8535

[St. Luke's Behavioral Facility \(stlukesbehavioralhealth.org\)](http://stlukesbehavioralhealth.org)**Scottsdale Behavioral Health**

480-993-3303

[www.scottsdalebehavioralhealth.com](http://www.scottsdalebehavioralhealth.com)**Trauma Therapy/EMDR Providers**  
**(Eye Movement Desensitization and Reprocessing)****East Valley Trauma Counseling**

1206 E. Warner Rd. STE 118

Gilbert, AZ 85296

<https://eastvalleytraumacounseling.com/>**Infinite Healing**

2563 S. Val Vista Dr. STE 108

Gilbert, AZ 85295

480-448-1076

<https://www.infinitehealingandwellness.com/>**For EMDR Providers in the area visit:**Gilbert: <https://www.psychologytoday.com/us/therapists/emdr/az/gilbert?sid=61398e0f80376&ref=1>Chandler: <https://www.psychologytoday.com/us/therapists/emdr/az/chandler?sid=613b7267e77da&ref=1>**EMDR Transformations Counseling**

1355 S. Higley Rd. STE 108

Gilbert, AZ 85296

<https://emdrtransformationscounseling.com/>**Crisis Services****Mind 24-7-**

1-844-646-3247

<https://www.mind24-7.com/>**Maricopa crisis line**

602-222-9444

<https://www.crisisnetwork.org/>**La Frontera - EMPACT Suicide Prevention**

480-784-1500

<http://www.lafronteraaz.org/>**National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

<http://suicidepreventionlifeline.org>**American Foundation for Suicide Prevention**

For support group resources visit:

In person- <https://afsp.org/find-support/ive-lost-someone/find-a-support-group/>Online support- <https://allianceofhope.org/>Suicide Prevention Therapist- <https://www.helppro.com/SPTF/BasicSearch.aspx>**Teen Lifeline**

602-248-TEEN (8336) or 1-800-248-TEEN (8336)

<https://teenlifeline.org/>**East Valley Child Crisis Center**

480-969-2308

<https://childcrisisaz.org/>**National Parent Hotline**

1-855-427-2736

<http://www.nationalparenthelpline.org/>**Center for Prevention of Abuse and Violence (CASA)**602-254-6400 <https://www.casacares.org/>**LGBTQ National Help Center**

Hotline for all ages- 1-888-843-4564

Youth Hotline- 1-800-246-PRIDE (7743)

**Boys Town National Hotline- 1-800-448-3000****Shelter Hotline- 1-800-799-7739****Trevor Project for LGBTQ community**

1-866-488-7386 or text START to 678678

<https://www.thetrevorproject.org/>

## **Substance Use/Addiction Treatment**

### **The Pathway Program**

Offers Individual Substance Abuse counseling for teens. A 6–12-week substance use treatment outpatient program for ages 13-17- meets four hours a day Monday-Friday- Parent support group once a week. Offers a 45-day residential substance abuse treatment program for ages 13-17.

4820 S. Mill Ave. STE 101, Tempe, AZ 85282 ---- 877-921-4050

<https://thepathwayprogram.com/>

### **Adolescent Substance Abuse Program (ASAP)**

Offers a 10-week Intensive Outpatient Program (IOP)-  
Group Therapy 3 nights per week. Parent Support once a week.

2530 S. Alma School Rd, in Mesa ---602-434-0249

<https://www.asapaz.com/>

### **ANASAZI Foundation**

Outdoor Behavioral Healthcare Services for Adolescents struggling with lack of motivation, defiance, mild mood disorders, drug and alcohol experimentation, internet addiction, entitlement issues and other self-defeating behaviors. 49-day (minimum stay) wilderness based residential treatment program rooted in the belief that all young people- regardless of their struggles possess an inherent “seed of greatness”.

1424 S. Stapley Dr., Mesa, AZ, 85204 ---- 480-892-7403

<https://www.anasazi.org/>

### **FullCircle**

Group meetings two evenings per week for teens and weekly for parents.

1955 W Baseline Rd. STE 113-431, Mesa, AZ 85202 ---- 480-620-7995

<https://www.fullcircleprogram.com/>

### **Growth Recovery Adolescent Service Program**

Offers an intensive outpatient program- 3 days of group therapy and individual counseling

335 N Alma School Rd., Chandler, AZ 85224--Call Roxanne Dalopos or Mr. Jerry Brown- 480-351-6520

[YOUTH:Growth Recovery Adolescent Service Program](#)

### **Lifeline Professional Counseling**

Offers an IOP program and group counseling for Mental, Emotional, Behavioral Health and Substance Abuse and Addiction

Locations in Scottsdale, Tempe, Chandler, Mesa and west valley

480-641-11656

<http://www.lifelinepcs.com/>

## **Eating Disorder Treatment Programs**

**Center for Discovery-** 1132 S Oakland, Mesa, AZ 85206—928-599-3929---

<https://centerfordiscovery.com/locations/mesa/>

**Rosewood Ranch for Adolescents with Eating Disorders-** 480-741-4871

<https://www.rosewoodranch.com/locations/rosewood-ranch-adolescents/>

## **Mental/Behavioral Health Residential Treatment Facilities/Programs**

### **In Arizona:**

#### **Red Hawk Academy for Girls**

3767 Scenic Boulevard, Littlefield, AZ 86432--- 435-236-5423---<https://www.redhawkrtc.com/>

#### **ANASAZI Foundation**

1424 S. Stapley Dr., Mesa, AZ, 85204 ---- 480-892-7403--<https://www.anasazi.org/>

**Devereux Advanced Behavioral Health-** 6436 E Sweetwater Ave. Scottsdale, AZ--- 1-800-345-1292-- [Devereux Arizona - Devereux Advanced Behavioral Health Arizona](#)

## ***Out of State Treatment***

**Youth Care (UT)- 844-441-1778---<https://www.youthcare.com/>**

**Timberline Knolls Residential for Girls (IL)- 866-893-1426--<https://www.timberlineknolls.com/>**

**Newport Academy (UT, CA, WA)- 877-722-1381---<https://www.newportacademy.com/>**

**Adolescent Growth (CA, IL)- 888-948-9998---<https://adolescentgrowth.com/>**

**Youth Residential Treatment (UT)- 801-587-2370--[Residential Treatment Centers for Youth](#)**

**Evolve Treatment Centers (CA)- 1-855-590-0604--[Teen Mental Health Treatment](#)**

**Pacific Teen Treatment (CA)- 866-602-5512---<https://pacificteentreatment.com/>**

**Eagle Ranch Academy (UT)- 1-888-698-7095---<https://eagleranchacademy.com/>**

**Alpine Academy Therapeutic School (UT)- 435-228-0100---<https://alpineacademy.org/>**

**Havenwood Academy for Girls(UT) - 877-830-7012---<https://www.havenwoodacademy.com/>**